

# Add a Little Color to Your Life

PB-000-02

## Bulletin Board or Self Paced Interactive Lesson Cover Sheet

- \* All of the pieces in this packet are listed on the back of this sheet.
- \* Instructions to assemble the bulletin board or interactive lesson are on the sample layout.
- \* Please have staff and participants return the *Add a Little Color to Your Life* Survey Forms after you have used the bulletin board or lesson for a month.

We look forward to getting your comments on this bulletin board.

*Thank you*

# Add a Little Color to Your Life – Bulletin Board and Self-Paced Interactive Lesson

Number PB-000-02

## Cover Sheet

Enclosed:

1. Add a Little Color to Your Life- Title English
2. Add a Little Color to Your Life- Title Spanish
3. Red fruits and vegetables
4. Purple fruits and vegetables
5. Yellow fruits and vegetables
6. Green fruits and vegetables
7. Orange fruit sand vegetables
8. Fruits and vegetables: (followed by bullets)- Text English
9. Fruits and vegetables: (followed by bullets)-Text Spanish
10. Eat five to nine fresh fruits and vegetables each day- Text English
11. Eat five to nine fresh fruits and vegetables each day- Text Spanish
12. Choose a variety of colors each day- Text English
13. Choose a variety of colors each day- Text Spanish
14. Sample Layout-This is a two page instruction sheet for staff
15. Client questionnaire- English
16. Client questionnaire-Spanish
17. Staff Survey
18. Participant Survey –English
19. Participant Survey- Spanish
20. This cover sheet

Use stock no. 13-06-12252 to reorder this package of materials for the *Add a Little Color to Your Life Bulletin Board and Self-Paced Interactive Lesson*.

This package does not include the borders (stock no. 13-06-12253) or recipe sheets (English stock no. 13-06-12254 and Spanish stock no.13-06-12254a) for the bulletin board. They are ordered separately.

Keep this sheet for future reference when the bulletin board is used again in your Local Agency.

# Add a little color to your life



## Why should you eat fruits and vegetables?

To get vitamins, minerals, and phytochemicals. Phytochemicals are chemicals in fruits and vegetables that are important to your health. They help your body work well and fight disease.

## How many fruits and vegetables should you eat each day?

Have five to nine servings a day.

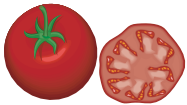
## How can you eat all the fruits and vegetables you need?

- Carry cut-up carrots in your purse.
- Pack a fruit with your lunch.
- Eat a vegetable at dinner.

## Fruits and vegetables contain many important nutrients.



**Leutein** — You will find it in some vitamin pills. It helps to keep your eyes healthy throughout your life. It is in **spinach, kale, and collards**.



**Lycopene** — This is added to some vitamins. It helps to prevent certain cancers and heart disease. You will find it in **tomatoes and tomato products, including tomato sauce and catsup**.



**Capsaicin** — It helps your body digest food, fight cancer, and keep down pain. It is in **chiles and other spicy foods**.



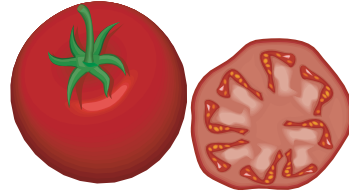
**Vitamin C** — It is found in some fruits and vegetables. It helps prevent cancer. It also helps your skin, bones, and teeth. You will find it in **oranges, strawberries, broccoli, brussels sprouts, and cabbage**.



**Iron** — It helps your brain work well and carries oxygen in your blood. It is in **pinto beans, black beans, and winter squash**.



# Getting healthy by eating fruits and vegetables



## Look at the bulletin board

1. Write down one orange, one green, one yellow, one purple, and one red fruit or vegetable you can have every day.

Orange: \_\_\_\_\_

Green: \_\_\_\_\_



Yellow: \_\_\_\_\_

Purple: \_\_\_\_\_

Red: \_\_\_\_\_

2. How many fruits and vegetables should you eat each day? \_\_\_\_\_

